# Śrī Raṅganātha Gauḍīya Maṭha, Hesaraghatta, Bengaluru-560088

## Vaiṣṇava Ekādaśī Calendar For 2024-25

| Date | Day | **Tithi** | **Breaking Time (Next Day)** |
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| | | | |
| 19-04-24 | Friday | Kāmadā Ekādaśī | After Sunrise–9.30am |
| 04-05-24 | Saturday | Varuthinī Ekādaśī | After Sunrise–9.25am |
| 10-05-24 | Friday | Akṣaya Tṛtiyā | |
| 19-05-24 | Sunday | Mohinī Ekādaśī | After Sunrise–9.22am |
| 21-05-24 | Tuesday | Śrī Nṛsiṁha Caturdarśī | After Sunrise–9.22am |
| 23-05-24 | Thursday | Śrī Śrī Rādhā Ramaṇadeva Prākaṭya Tithi, Buddha Pūrṇimā, Śrīla Śrīnivāsa Ācārya Appearance Day, Śrīla Mādhavendra Purī Appearance Day | |
| 03-06-24 | Monday | Aparā Ekādaśī | After Sunrise–9.22am |
| 18-06-24 | Tuesday | Vyañjulī Mahā-dvādaśī | After Sunrise–6.52am |
| 20-06-24 | Thursday | Pāṇihāṭi Ciḍā-Dahi Festival | |
| 22-06-24 | Saturday | Śrī Śrī Jagannāthadeva Snāna Yātrā | |
| 02-07-24 | Tuesday | Yoginī Ekādaśī | After Sunrise–7.03am |
| 06-07-24 | Saturday | Guṇḍicā Mandira-mārjana | |
| 07-07-24 | Sunday | Śrī Śrī Jagannātha-deva Ratha-yātrā | |
| 11-07-24 | Thursday | Herā Pañcamī | |
| 15-07-24 | Monday | Śrī Śrī Jagannāthadeva Punar-yātrā | |
| 17-07-24 | Wednesday | Śayana Ekādaśī | After Sunrise–9.31am |
| 21-07-24 | Sunday | Guru Pūrṇimā<br>1st Month of Cāturmāsya begins | |
| 31-07-24 | Wednesday | Kāmikā Ekādaśī | After Sunrise–9.33am |
| 16-08-24 | Friday | Pavitrā-ropaṇī Ekādaśī<br>Jhulana Yātrā Begins | After Sunrise-10.00am |
| 19-08-24 | Monday | Śrīla Baladeva Prabhu Appearance Day<br>End Of Jhulana Yātrā<br>2nd Month of Cāturmāsya begins | After Sunrise–9.33am |
| 27-08-24 | Tuesday | Śrī Kṛṣṇa Janmāṣṭamī | After Sunrise - 10.14am |
| 28-08-24 | Wednesday | Śrī Nandotsava<br>Śrīla Bhakti-vedānta Svāmī Mahārāja's Appearance Day | |
| 30-08-24 | Friday | Pakṣa-vardhinī Mahā-dvadaśī | After Sunrise–9.32am |
| 11-09-24 | Wednesday | Śrī Rādhāṣṭamī | |
| 15-09-24 | Sunday | Vijayā Mahā-dvādaśī | After Sunrise–9.30am |

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| 18-09-24 | Wednesday | 3rd Month Cāturmāsya begins<br>Śrī Śrī Viśvarūpa Mahotsava | |
| 28-09-24 | Saturday | Indirā Ekādaśī | After Sunrise–9.29am |
| 13-10-24 | Sunday | Vijayā Daśamī | |
| 14-10-24 | Monday | Pāpāṅkuśā Ekādaśī | After Sunrise–9.28am |
| 17-10-24 | Thursday | 4th Month of Cāturmāsya Begins<br>Kārtika Vrata (Dāmodara Vrata) Begins<br>Disappearance Day Of Nitya-līlā-praviṣṭa Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti Prajñāna Keśava Gosvāmī Mahārāja. | |
| 28-10-24 | Monday | Ramā Ekādaśī | After Sunrise–9.29am |
| 01-11-24 | Friday | Dīpāvalī | |
| 02-11-24 | Saturday | Śrī Govardhana Pūjā | |
| 12-11-24 | Tuesday | Utthāna Ekādaśī | After Sunrise–9.32am |
| 15-11-24 | Friday | Dāmodara Vrata Ends | |
| 26-11-24 | Tuesday | Utpannā Ekādaśī | After 10.28am |
| 11-12-24 | Wednesday | Mokṣadā Ekādaśī<br>(Gītā Jayantī) | After Sunrise–9.45 Am |
| 24-12-24 | Tuesday | Disappearance Day Of Nitya-līlā-praviṣṭa Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti-vedānta Nārāyaṇa Gosvāmī Mahārāja. Appearance Day Of Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti-vedānta Vāmana Gosvāmī Mahārāja | |
| 26-12-24 | Thursday | Saphalā Ekādaśī | After Sunrise–9.53am |
| 10-01-25 | Friday | Putradā Ekādaśī | After Sunrise–7.44am |
| 25-01-25 | Saturday | Ṣaṭ-ṭilā Ekādaśī | After Sunrise–10.02am |
| 29-01-25 | Wednesday | Appearance Day Of Nitya-līlā-praviṣṭa Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti-vedānta Nārāyaṇa Gosvāmī Mahārāja | |
| 03-02-24 | Monday | Vasanta Pañcamī | |
| 05-02-25 | Wednesday | Śrī Advaita Saptamī | After Sunrise -10.21am |
| 08-02-25 | Saturday | Jayā (Bhaimī) Ekādaśī | After Sunrise–10.01am |
| 10-02-25 | Monday | Śrī Nityānanda Trayodaśī | After Sunrise–10.00am |
| 24-02-25 | Monday | Vijayā Ekādaśī | After Sunrise–9.57am |
| 27-02-25 | Thursday | Śrī Śiva Caturdaśī | After Sunrise–10.39am |
| 09-03-25 | Sunday | Śrī Navadvīpa Dhāma Parikramā Begins | |
| 10-03-25 | Monday | Āmalakī Ekādaśī | After Sunrise–9.31am |
| 14-03-25 | Friday | Śrī Gaura Pūrṇimā | After Sunrise–9.48am |
| 15-03-25 | Saturday | Śrī Jagannātha Miśrā's Ānandotsava | |

Śrī Kṛṣṇa Caitanya Prabhu Nityānanda Śrī Advaita Gadādhara Śrī-vāsādi
Gaura Bhakta-vṛnda

Hare Kṛṣṇa Hare Kṛṣṇa Kṛṣṇa Kṛṣṇa Hare Hare
Hare Rāma Hare Rāma Rāma Rāma Hare Hare

# Rules for Fasting

## Standard for Ekādaśī Break-fasts

If you have observed a complete fast (without even water) you do not need to break it with grains. You can break it with *caranāmṛta* or fruit. But if you have observed Ekādaśī by eating fruit, vegetables, etc., then it should be broken on the following day by taking grains at the times mentioned herein.

Mahā-dvādaśi is observed like Ekādaśī.

## Ekādaśī

The essence is to eat simply, once or twice, so that one can spend as much time as possible hearing, chanting and remembering Śrī Śrī Rādhā-Kṛṣṇa. Never eat meat, fish, eggs, onions, garlic, carrots (red and orange), red lentils (masūra-dal), green flat lentils, mushrooms or products thereof, sea salt, refined oil and sugar.

- **Restricted foods on Ekādaśī**:
- Tomatoes, eggplants, cauliflower, broccoli, bell peppers, beets, bitter melon (karela), loki, parmal, toroi, kunli, drumsticks, bindī (ladies' fingers) and banana flowers
- Peas, chickpeas and all types of beans, including products made from beans (e.g., papadams, tofu, tempeh)
- All leafy vegetables (e.g., spinach, salads, cabbages) and leafy herbs like parsley, coriander leaves, celery and curry leaves
- Grains (e.g., millet, barley, farina, pasta, rice, corn) and all types of flour made from grains and beans (e.g., rice flour, chickpea flour, urad dahl flour)
- Starches from corn or grains, and products made from or mixed with these starches like baking soda, baking powder, certain soft drinks with corn syrup, custard, certain yoghurts and puddings, certain varieties of cream and cottage cheese, certain sweets and candies, and tapioca balls
- Oils made from grains (e.g., corn oil, mustard oil, sesame oil) and products fried in these oils (e.g., fried nuts, potato chips and other fried snack foods)
- Honey, and sweets made with starches
- **Spices used on Ekādaśī:** black pepper, fresh ginger, Pink or himalayan salt and fresh turmeric, all taken from a new and clean package
- **Spices not used on Ekādaśī**: hing (asofetida), sesame seeds, cumin, fenugreek, mustard, tamarind, fennel, cardamom and nutmeg
- **Foods that can be taken all days of the year, including Ekādaśī and**

**Cāturmāsya:**

- All fruits (fresh and dried)(avoid coated.apples,dragon fruit & durian), all nuts and all oils made from nuts
- Potatoes, pumpkin, cucumber, radish, squash, lemon, avocado, olives, coconut, buckwheat, joni jaggary (pure liquid jaggery)

- All pure milk products (except yoghurt during the 2nd month of Cāturmāsya and milk during the 3rd month)
- **For sannyāsīs, brahmacārīs and vānaprasthas:** shaving head and cutting nails is to be done on full moon days

## Cāturmāsya

- **Restricted foods during the entire four months of Cāturmāsya:**
  - Eggplants, tomatoes, loki, parmal, urad dahl and honey
- **Particular foods that are restricted during each of the four months:**
- First month: No leafy vegetables, such as spinach, salads of all types, cabbages of all types, kale, leafy herbs like coriander, mint, parsley, curry and powdered leafy herbs and teas
- Second month: No yoghurt (if one requires it for health, it can be mixed with water)
- Third month: No milk (if required, it can be mixed with a drop of lemon juice)
- Fourth month: No mustard oil or sesame seeds

## Purusottama Masa

- **Restricted foods during the month of Puruṣottama:**
  - Eggplants, tomatoes, loki, parmal, urad dahl, honey, mustard oil or sesame seeds
- **No shaving for brahmacārīs and sannyāsīs**